

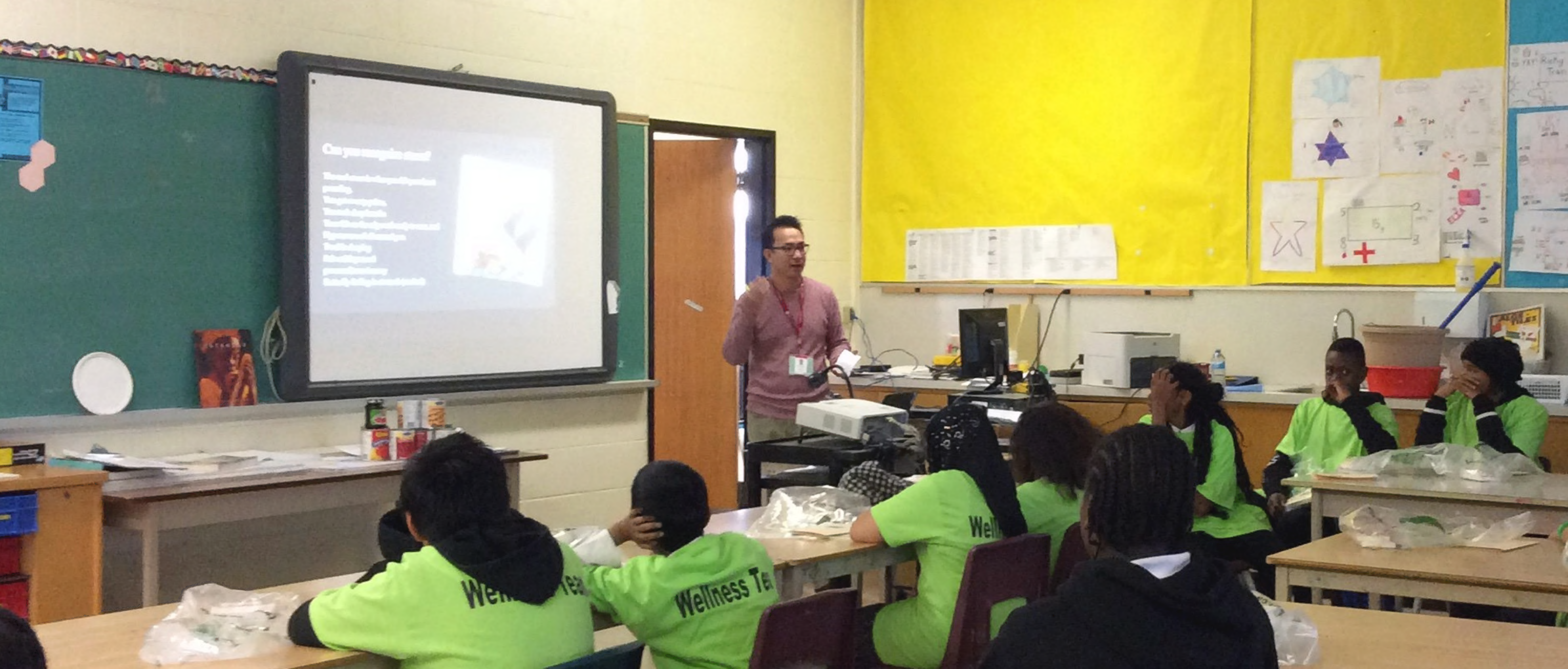


Cortisol

- "It elevates your blood sugar to help the muscles and organs to quickly respond to stress"
- "It slows breathing"
- "It tightens blood vessels"
- "It helps your body respond to stress more"

Wellness Team

Wellness Team



Can you imagine that?

- 1. The first step is to...
- 2. The second step is to...
- 3. The third step is to...
- 4. The fourth step is to...
- 5. The fifth step is to...
- 6. The sixth step is to...
- 7. The seventh step is to...
- 8. The eighth step is to...
- 9. The ninth step is to...
- 10. The tenth step is to...









Equality
Acceptance
Learning

Laserphaco Probe

Traffic
Light

Gas
Mask

PEANUT
BUTTER

Blood Bank

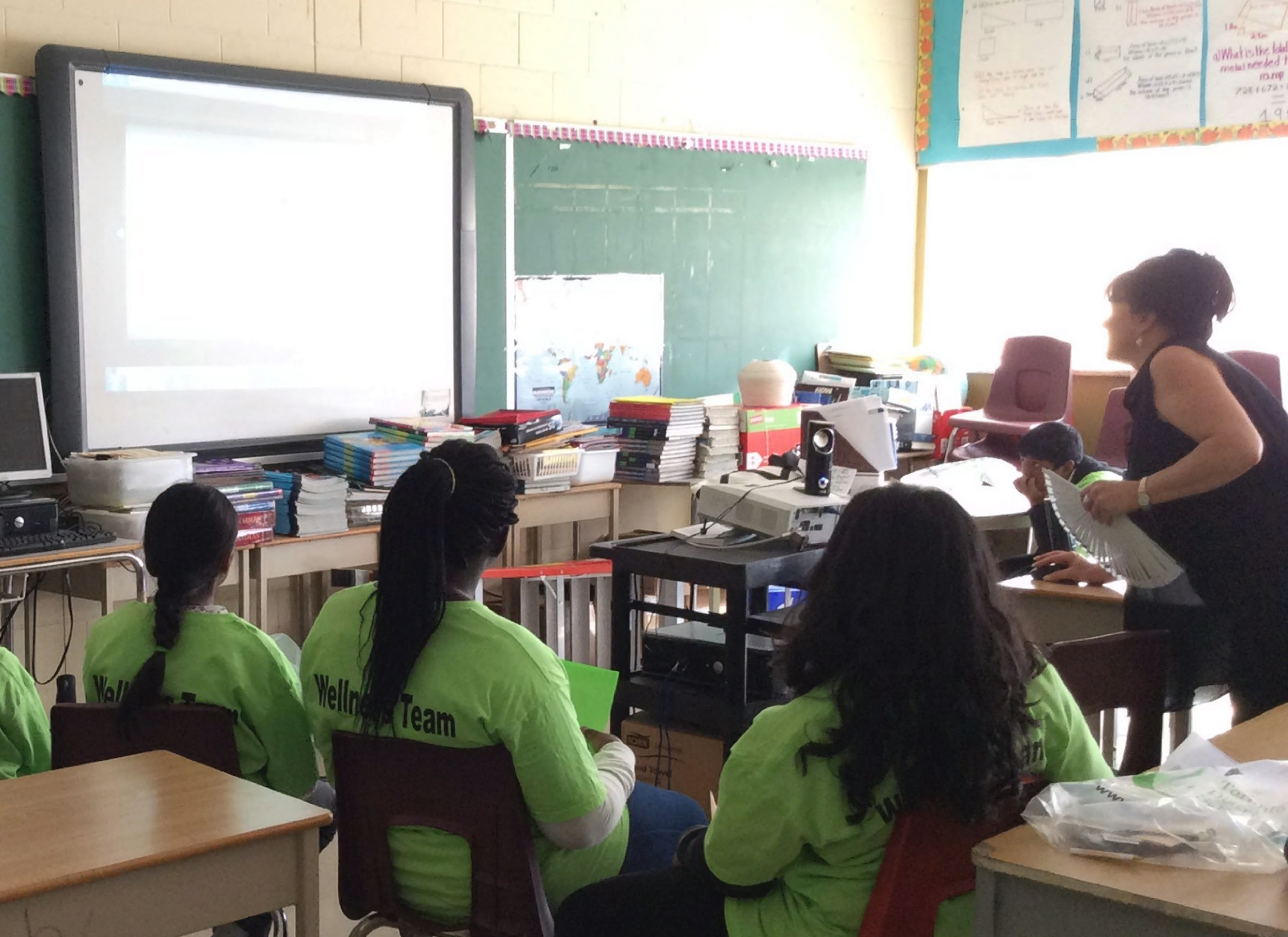
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Da Bt Co La Cu Sp

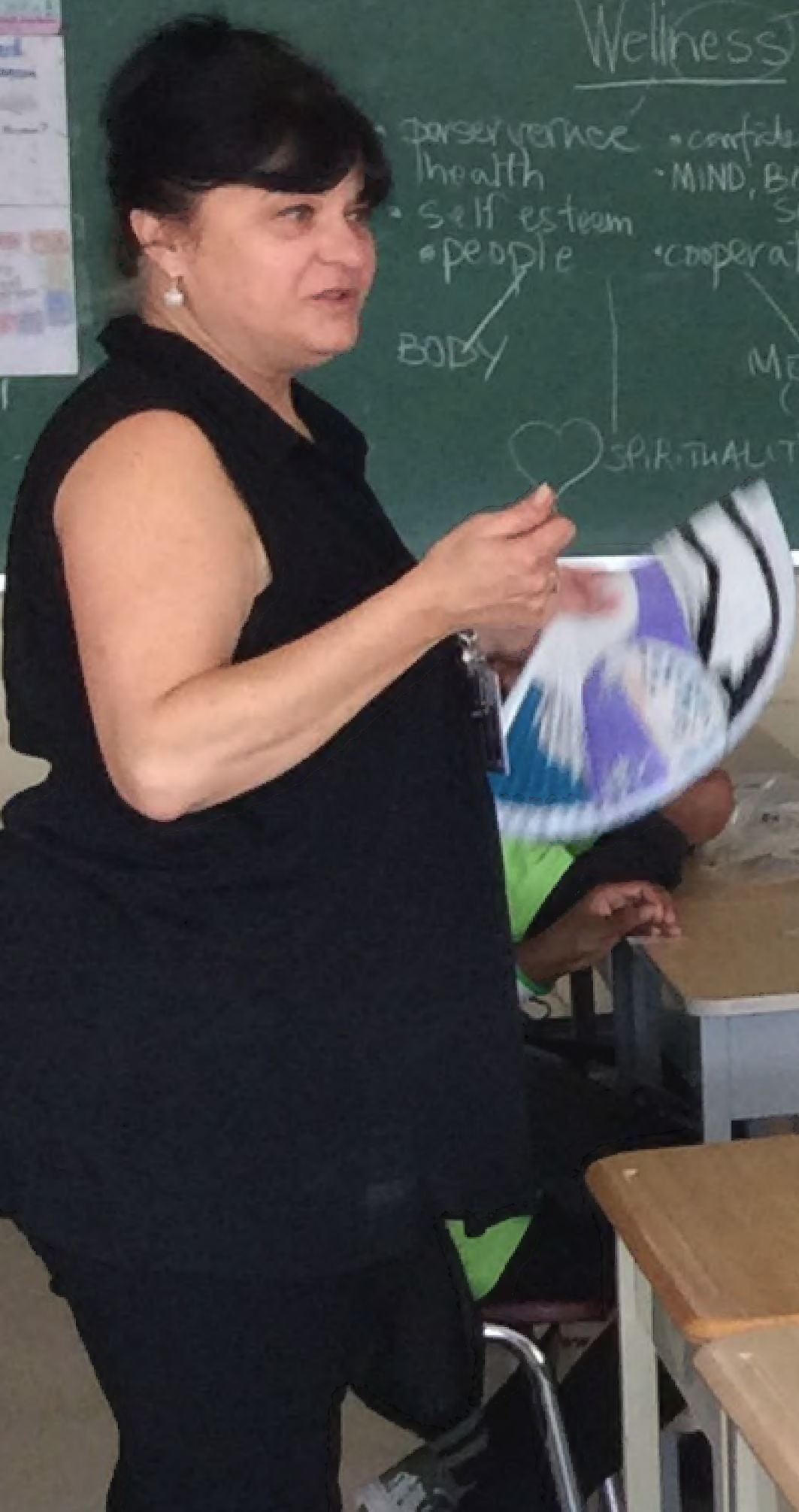
Pathways to
Health







Common
ator (LCD)
in
of 4
minator of 156
of 6 are 6, 12, 18



Sad
Wellness

state of

perseverance
health
self esteem
people

confidence
MIND, BODY, SOUL
cooperation

BODY

MENTAL (MIND)

SPRITUALITY

Continuum

